



Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Some men may avoid going to see a healthcare provider until symptoms are at their worst, but being proactive about your health pays off. Men are at increased risk for certain negative health outcomes, and seeing a provider regularly can help get ahead of problems. June is Men's Health Month. Schedule your annual physical if you haven't, and learn more about men's health from the Navy and Marine Corps Public Health Center's toolbox at go.usa.gov/xmysk.
2. Memorial Day marked the unofficial start of summer. The 101 Critical Days of Summer are the perfect time to focus on safety for yourself and those you care about, and protecting your health is especially important right now. As you engage in socially distant summer activities, remember to follow guidelines and suggestions to stay safe and well. Find tips on staying safe this summer at go.usa.gov/xmyzs.
3. June is PTSD Awareness Month. The current COVID-19 pandemic is increasing stress, and some experts believe may cause increases in PTSD in its aftermath. Learn more about navigating COVID-19 stress at ptsd.va.gov/covid.
4. Stay up to date on any changes occurring in the Navy Drug Detection and Deterrence program by checking out the website at www.ddd.navy.mil.

For help with a substance or alcohol use issue, contact your local DAPA, or call 1-866-U-ASK-NPC.

Love and Marriage and Men's Health

June is Men's Health Month and, coincidentally, one of the most popular months for weddings. Wedding vows traditionally include the phrase "in sickness and in health," and statistics indicate health is more likely to follow the groom while sickness is more likely to befall his single best man.



A **survey** of over 125,000 American adults found that married men are healthier than never-married, divorced or widowed men. Of course, correlation does not equal causation, and numerous studies have attempted to figure out the risk factors and what contributes to the longevity.

Morbidity and Health Outcomes

Heart disease and cancers are leading causes of death in the US. An **evaluation** of 3,682 adults found that even after controlling for risk factors like age, body fat, smoking, blood pressure and cholesterol, married men had a 46 percent lower heart disease death rate than their unmarried counterparts. A University of Miami **study** of men with prostate cancer found that married participants survived an average of 69 months, compared to 38 months for separated and widowed patients and 49 months for never-married men. Similar survival rate disparities are seen in bladder cancer which predominantly affects males.

"Nature and Nurture"

Health benefits can usually be attributed to biological, behavioral and psychological factors. Biologically, a satisfying partnership leads to reduced stress hormones such as adrenaline. Men who are divorced have increased inflammatory markers compared to married men, which increases cardiac disease risk. Additionally, unmarried men are **less likely** to exercise and eat healthy and more likely to smoke or drink irresponsibly. Loneliness, depression and social isolation increase heart disease mortality risk by up to 82 percent. Wives are the primary social support for 66 percent of men, according to a New England Research Institute **study**.

Making Improvements

Knowing all this, should single men shift their gym membership money to an engagement ring savings account? Probably not. Unmarried men can achieve the health benefits of marriage, but like a good marriage, it takes work. See a doctor regularly, without needing someone to give reminders. Eat healthy meals and limit fast food. Quit smoking, limit alcohol consumption, avoid illegal drugs and take prescription medication only as directed. Build social ties and make stress reduction a priority through meditation, regular exercise and good sleep habits. But, if you are in love, there could be more to gain than anticipated if you put a ring on it.



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Navigating COVID-19 Stress

The trauma that precedes posttraumatic stress could be something less physically traumatic than the combat, accidents or assault typically associated with PTSD. Many psychological health experts anticipate increases in PTSD in the aftermath of the current COVID-19 pandemic.

Feelings of uncertainty and loss of normalcy coupled with the threats to our health can be difficult to understand and navigate. There are unhealthy ways to deal with acute or chronic stress including irresponsible drinking or misuse of other substances, believed by researchers to be a form of **self-medication**. But there are helpful strategies to better navigate the stressors associated with the current pandemic and increase resilience.

Focus on Connection

Even though we are urged to maintain social distance, that doesn't mean we have to lose connection. This pandemic has caused us to be innovative in how we talk to and "see" our loved ones. Find fun new ways to stay connected with friends and family who are far away, and be creative in staying connected with the people you share a home with.

Adapt to Changes

Life is different during the pandemic, and learning ways to adjust is essential. Accept that many things cannot change right now, but understand the importance of changing your expectations and standards to fit your new circumstances. Celebrate small wins and achievements, and try to avoid being too hard on yourself.

Maintain Calm

Activities like journaling and meditation or even exercising or bingeing funny TV shows are good ways to cope with stress. Prioritize other important means of staying physically and psychologically healthy like sleeping, eating and staying hydrated. Staying up-to-date on emerging concerns and new tips also helps, but be sure to avoid overexposure to news that may cause additional stress and worry.

Find Resources and Help

June is PTSD Awareness Month. Learn more from the Department of Veterans Affairs' **National Center for PTSD** at [ptsd.va.gov](https://www.ptsd.va.gov). Learn more about mental health and substance use disorders from **MentalHealth.gov**.

If you or someone you know is in crisis, contact the **Veterans Crisis Line** via phone at 1-800-273-8255 (Press 1) or text at 838255.

Current and Upcoming Events

Due to the current COVID-19 outbreak, Navy Drug Detection and Deterrence webinars have been postponed until further notice.

Please check the web page for updates at www.ddd.navy.mil.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to MyNavy Portal (MNP) at my.navy.mil.

NMCPHC Men's Health Month

June

Find the toolbox at go.usa.gov/xmysk.

PTSD Awareness Month

June

Learn more about PTSD at ptsd.va.gov.

LGBTQ Pride Month

June

Decriminalized is Still Prohibited

Three US cities — Denver, Oakland and Santa Cruz — have decriminalized psilocybin mushrooms, and recent initiatives to decriminalize them have been introduced in New York, Oregon and the District of Columbia. Legal recreational marijuana use is spreading across the US, with 11 states and the District of Columbia allowing it, and medical marijuana is legal in most other states. In fact, the governor of Virginia recently approved a bill decriminalizing — but not legalizing — marijuana in the state.

Both marijuana (and its cannabinoids) and psilocybin/psilocin are Schedule I drugs under the United States Controlled Substances Act; therefore, their use is prohibited for service members regardless of local laws. Sailors may only use medical cannabinoid formulations — dronabinol (Marinol® and Syndros®) and cannabidiol (Epidiolex®) — with a valid prescription.

Every Sailor has a personal responsibility to avoid exposure to THC and other prohibited substances. Testing positive for prohibited substances can lead to processing for administrative separation with a discharge characterized as "Other Than Honorable" as well as possible impacts on future veteran benefits or employment opportunities.

